

Inside the Four H's

What is 4-H?

Whether you are a first year 4-H club coach (volunteer) or returning for your 50+ year to lead your 4-H club team, you will be asked questions that require you to look inside the 4-H organization. Beyond the 4-H Pledge, you recite at every club meeting you will need to share how 4-H is a community of young people across America learning leadership, citizenship and life skills through fun group experiences.

Look into the H's to discover why and how to make a 4-H coaching difference.

You may be asked by a new member's parent to share how your club puts into action the 4-H motto "To Make the Best Better" or to explain to a local stakeholder how 4-H is "Making a Difference" in your and your members' lives. You will find not just answers, but resources in this section to help you teach and engage your members, their families and the community in learning about the 4-H organization.

What's inside the four "H's"?

Head, Heart, Hands and Health serve as a friendly reminder of the 4-H Mission to create positive environments for diverse youth and adults to reach their fullest potential as capable, competent, caring and contributing citizens.

Your 4-H club serves as the primary outlet for developing the life skills and 4-H values centered within each "H". Your knowledge of the entire 4-H organization's structure will enable youth to access programs beyond the club and tap into a century of positive youth development experiences from OSU Extension's 4-H Program.

What should I know about the 4-H organization?

1. Look inside the [4-H Organization's Structure](#) to discover your 4-H club's connection to National 4-H Council, U.S. Department of Agriculture, Ohio State University Extension, and your county commissioners.
2. Understand the [Mission, Vision and Values](#) of the National and Ohio 4-H Programs in order to achieve educational and organizational goals to positive youth development.
3. Value the importance of the [Eight Key Elements to Positive Youth Development](#) in all 4-H club experiences.

4. Find out [Ohio 4-H History](#) to share with others, whether for a club meeting, a news paper release, a local exhibit or just for personal knowledge.
5. Learn the [4-H Pledge](#), how to teach the pledge using appropriate hand motions and how to put the pledge to work for your club and members' personal and team achievements.
6. Recognize the [4-H Motto, Colors, Creed and Emblem](#) and learn how the emblem is protected and its use restricted under Federal law.